THE TIMES-VIRGINIAN
PUBLISHED EVERY THURSDAY
IN THE HEART OF VIRGINIA'S DARK TOBACCO BELT
Appomattox, Virginia 24522
ESTABLISHED IN 1892

W. Lloyd Vaughan ..... Publisher and Editor
Beck Hudson ..... News Editor

Entered as second-class matter at the Post Office at Appomattox, Virginia, under the Act of Congress of March 3, 1879.

Address all correspondence to The Times-Virginian, Appomattox, Virginia, Virginia 24522

Subscription rates: $6.00 a year in Appomattox, and all adjoining counties, $7.00 elsewhere in Virginia, Outside Virginia $7.50, payable in advance.
Member: Virginia Press Association

Single Copy: 15 cents

Students Learn Of Hypertension

Sixth grade students in Mrs. Jean Mill's and Mrs. Dorothy Oliver's classes at Appomattox Elementary School are participating in a hypertension project. The unit of study is sponsored by the American Heart Association and the Virginia Department of Health. It is directed by Dr. Keith Howell of the University of Virginia.

Two teachers, from each of ten school systems in Virginia, were invited to Charlottesville, to take part in a four day workshop on health promotion and the prevention of cardiovascular diseases. Appomattox County was selected as one of the school systems, due to the high incidence of hypertension in this area. Mrs. Mills and Mrs. Oliver attended the workshop.

The course they are now teaching to their classes allows students to be active participants in the learning process. They are, not only, learning how to take each others blood pressure, but they will be taking the instruments home to check the blood pressure of their family members.

Dr. Howell says that twenty-four million Americans have high blood pressure, yet only about half of them recognize it, and even fewer are being treated for it.

The idea of the program is, not only, to give children basic health knowledge, but to reach the parents through their children. According to Dr. Howell, high blood pressure is an important risk factor in the development of heart disease, "but things can be done to reduce the risk."

The program doesn't focus on disease. Dr. Howell says, "It promotes health." He believes that health education can be exciting for children, and that it should be "one of the most important course children take in school."

Central National Corporation and Fidelity American Bankshares, Inc. Approve Consolidation

LYNCHBURG, Sept. 25 - At special meetings today, the shareholders of Central National Corporation and Fidelity American Bankshares, Inc. approved an agreement to consolidate Central National Corporation and Fidelity American Bankshares, Inc. into a new bank holding company to be called Commonwealth Banks, Inc. The proposal which required an approval of two-thirds of the outstanding shares was overwhelmingly endorsed by the shareholders.

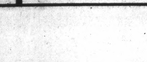
The agreement to consolidate provides for the issuance of one and one-quarter shares of Commonwealth common stock for each share of common stock of Central National Corp. and a one-for-one exchange of Fidelity's common and preferred stock for like stock in the new company.

The proposed affiliation is still subject to the approval of the Federal Reserve Board.

Central National Corporation is a bank holding company owning seven affiliated banks with 47 banking offices serving the urban corridor of Virginia. Its principal banking affiliate is the Central National Bank of Richmond. The corporation's total assets as of June 30, 1978 were $550,154,321 excluding the Citizens National Bank of Emporia which joined CNC on August 1, 1978 with assets of $33 million at June 30, 1978.

Fidelity American Bankshares, Inc. is also a bank holding company with fifteen affiliated banks operating 81 banking offices in 42 Virginia locations. Its principal banking affiliate is Fidelity American Bank NA with main offices in Lynchburg. Total assets of Fidelity were $1,069,180,150 at June 30, 1978.

The consolidation of these two bank holding companies into Commonwealth Banks, Inc. will result in the formation of the sixth largest bank holding company in Virginia with combined assets amounting to approximately $1.6 billion, headquartered in Richmond, Va.



Equip basement windows with locks, not simple catches, for optimum safety.

The Pastor Speaks

Paul is an example of a changed man. To change is to be transformed. Paul is an example of a converted man. Let us think about the transformation in his life. We are introduced to Paul as the one who stood guard over the clothes of the men who stoned Stephen. Although he did not throw any of the stones that killed Stephen, he agreed or consented to what was being done. Here we see Paul at his worst. Then he came to the time of his conversion on the road to Damascus. As he began his journey to Damascus, he began as an enemy of Christianity. He started out with the desire to stamp out Christianity. He carried with him letters from the High Priest in Jerusalem addressed to the synagogues in Damascus, requiring their cooperation in the persecution of any Christians he found there. He planned to bring them in chains back to Jerusalem. As he approached Damascus suddenly there shined round about him a light from heaven and he fell to the earth, and heard a voice saying unto him, "Saul, Saul, why persecutest thou me?" And the voice said, "I am Jesus whom thou persecutest." Paul met Jesus on the Damascus road and he was never the same again. The things he had loved he now hated. The things he had hated he now loved. He was converted. He was a changed man.

Men are changed as they believe the gospel. What is the gospel? By inspiration, the Apostle Paul gives a definition of the Gospel in 1 Cor. 15: 1-4: "Moreover, brethren, I declare unto you the gospel which I preached unto you, which also ye have received, and wherein ye stand; By which also ye are saved, if ye keep in memory what I preached unto you, unless ye have believed in vain. For I delivered unto you first of all that which I also received, how that Christ died for our sins according to the scriptures; and that he was buried, and that he rose again the third day according to the scriptures." My friend, do you believe this gospel? Do you believe that Jesus died for your sins according to the scriptures? Will you accept Him as your Saviour?

Rev. G. Edward Hughes, Pastor
Red Oak Baptist Church

THE BIBLE SPEAKS

By Lawrence W. Althouse

BEHIND THE LAW

Lesson for October 1, 1978

Background Scripture: Deuteronomy 5:1-5; Jeremiah 31:31-34; Matthew 5:17-20; 7:28,29.
Devotional Reading: John 5:43-47

Rev. Althouse

In Israel today one finds a continuing controversy of gigantic proportions over the Jewish religious law. A minority of ultra-conservative Israelis would make the state of Israel a theocracy, a nation strictly and uncompromisingly governed by its ancient laws as interpreted by its legalistic rabbis. The majority, however, believe that these religious laws would make it virtually impossible for Israel to exist as a nation.

A Stone Or A Tree?

The problem is not with religious laws, but with the ways in which these laws are regarded and interpreted by men. These divergences might be depicted in symbolic terms in the difference between a stone monument and a living, growing tree. For some, the religious laws constitute an unchanging, inflexible once-given reality. For others, the laws of God are a living, growing entity that is as vital and contemporary as the God who created them.

The approach of Jesus to God's laws was certainly the latter view. His dynamic rather than static approach brought him into conflict with some segments of the religious establishment. He was accused by some as seeking to abolish the law because Jesus tended to put people ahead of legalistic principles.

Yet, instead of abolishing the law, said Jesus, his God-given mission was instead to fulfill "the law and the prophets." His approach was to accomplish the purpose behind the laws. The purpose of the sabbath, for example, said Jesus, was to help people, not hurt them. To interpret any law or commandment in such a way as to deny love to anyone would be a denial of the purpose for which the law had come into being.

A New Covenant

Jesus' approach to the law was not as radically new as it may have seemed. Other Jewish leaders had regarded the commandments in much the same manner. As far back as Jeremiah (7th century BC), there was anticipated a new approach to the covenant: "Behold, the days are coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah...I will put my law within them, and I will write it upon their hearts" (Jeremiah 31:31,33).

What both Jeremiah and Jesus recognized was the dangerous tendency to allow the law to become a substitute for God himself. As William Temple once put it, "...no law, apart from a Lawgiver, is a proper object of reverence." Jesus did not come to abolish the law, but to point people to the Lawgiver and his purpose. His approach to the law was not less than but more than: "...unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven" (Matthew 5:20).

One must always look behind and beyond the law to the Lawgiver.

(Based on outlines copyrighted by the Division of Christian Education, National Council of the Churches of Christ in the U.S.A. Released by Community Press Service.)

STORY HOUR WILL BEGIN AT APPOMATTOX COUNTY LIBRARY OCTOBER 3, at 1 p.m.

PROFIT
RAISING EARTHWORMS

Can You Answer "YES" to These Questions?
1. Do you like raising livestock?
2. Do you want a business of your own?
3. Do you need retirement or extra income?
4. Do you have a back yard or other land?

PERHAPS YOU CAN BECOME A WORM GROWER!

IF ACCEPTED AS A PRODUCER, WE OFFER
• Professional Guidance • Marketing Service
• Exchange Membership • Complete Supplies

ACT TODAY! SEND FOR YOUR FREE BROCHURE!

Send name, address, phone, description of facilities to:
NATIONAL WORM GROWERS EXCHANGE, INC
Leading The Industry
615 "A" STREET • SMYRNA, TENNESSEE 37167 • (615) 254-7327

What a difference a Bilco Door makes!

Here's the way to add new beauty to your home. Replace that wooden hatchway with a modern, all steel Bilco Door. It's ruggedly built, weather-tight, and so easy for everyone in the family to use! What's more, it will make your basement more secure against intrusion. And it will pay for itself many times over by saving repair and replacement costs.

If your home was built without the convenience of a direct basement entrance, ask us for Bilco's new handbook "How to Add Valuable Living Space to Your Home."

Stop in and see our display. We'll give you free literature on how to do it. Or, we can suggest a man to install it for you.

Bilco
AMERICA'S FINEST BASEMENT DOOR

J. E. Sears & Co., Inc.
Phone 352-7138 Appomattox, Virginia

21ST ANNUAL
KIWANIS CLUB OF LYNCHBURG
TRAVEL & ADVENTURE SERIES

ST. PETERS - ROME

'78-'79 SEASON SCHEDULE

OCT. 18 "Expedition Perú"
NOV. 15 "Northern Italy and Rome"
Jan. 17 "Sweden — A Midsummer Dream"
FEB 21. "The People of Spain"
MAR. 21 "New Zealand"
APRIL 18 "Fabulous Florida"

Place: E. C. Glass High School Auditorium
Time: 8:00 P.M. (The Third Wednesday of Each Month)

Season Tickets available from Kiwanis Club of Lynchburg Members or at the Holiday Travel Bureau (Allied Arts Bldg., Downtown)

Or
Mail Order Blank To:
Kiwanis Club of Lynchburg
Post Office Box 10413
Lynchburg, Va. 24506

Please Make checks Payable to: Kiwanis Club of Lynchburg

ORDER BLANK
Enclosed please find my check for $_____ covering Season Tickets for the "21st Annual Travel & Adventure Series" as follows:
____ Adult Tickets, Each $7.00 ____
____ Student Tickets, Each $4.00 ____
Please send tickets to:
Name:_____
Address:_____
Phone:_____

Discover
BEN FRANKLIN®
We bring variety to life!

COMPARE OUR PRICES ...YOU'LL SEE WHY we're GOIN' HOG WILD!

See Circular In Today's Paper

Super Special
20 Quart Bag
Potting Soil
Reg. 3.00 Ea.
2/3.00

FREE
Country Hams
1 Each Day— Thurs., Fri., Sat.
NO PURCHASE NECESSARY
JUST RIGISTER
NAME.....
ADDRESS.....
PHONE NO.....

BEN FRANKLIN
TRIANGLE PLAZA SHOPPING CENTER — APPOMATTOX, VA.

Named Champion Adult Exhibitor

Mrs. Tilden Lee, charter member of the Wreck Island Extension Homemakers Club for forty-two years, entered exhibits on canned goods and horticulture in the Five County Fair in Farmville in September; she won 24 ribbons on her entries.

A total of thirteen blue ribbons were won; twelve were won on canned goods. They were as follows: butter beans, carrots, corn, green peas, black eye peas, squash, string beans, tomato juice, utility tomatoes, watermelon rind pickle, pear preserves, and blackberry jelly.

In the category, Flowers, she won a blue ribbon for a single dahlia.

Three red ribbons were won on pears, pear pickle and watermelon rind preserves.

Six white ribbons were won on tomato catsup, greens, grape jelly, best five green peppers, collection of three dahlias and a flower arrangement, "Reflections."

Two pink ribbons were won on apple jelly and canned blackberries.

Mrs. Lee won the Grand Champion Award Trophy plus $10.00 for winning the greatest number of blue ribbons in the adult division. Her total cash winnings amounted to $47.00. She plans to enter the competition at the State Fair of Virginia in Richmond.

Mrs. Lee has been exhibiting at both the Five County Fair, and the State Fair for the past 22 years and has won a total of 796 ribbons and 8 grand champion award trophies.

Five County Fair Winner

The faces in the crowd showed only delight as young pianist Shawn Le-Bass Womack played the piano in the Five County Fair talent competition.

Shawn Le-Bass Womack won third place and a cash award at the Five County Fair Talent Contest this year. He played the Entertainer and Oh When The Saints Go Marching In. Shawn played in the Junior Division and was competing against 13 year olds. He was the youngest contestant. Last year Shawn played at E. C. Glass High School in a 10 piano Ensemble Concert, he played at Lynchburg College in the Music Festival where he received a double superior score by the judges, and also at the age of 5 he performed 10 pieces from memory including a Bach piece in the National Guild Auditions. Shawn is the son of Mr. and Mrs. Charles Womack, Sr. His music teacher is Mrs. J. Franklin Vaughan of Spout Spring,Va. Shawn has taken piano for 13 months and has earned a theory statue for his manuscript work.

SNUGGLE UP IN ONE OF OUR
Cannon Towel Outlet
Electric Blankets
Twin: $22.45 — Full: $24.25
Queen: $25.99 - $35.00 DUAL CONTROL
King: $46.50 DUAL CONTROL

New Fall Jewelry
BEAUTIFUL PICTURES
FRAMES COULD BE USED FOR ART CANVASSES
18 x 24 — $4.50
22 x 48 — $6.50

Quilt Batting — 81 x 96" $4.50

JUST RECEIVED NEW SHIPMENT
CHRISTMAS — FINGERTIP TOWELS & NAPKINS

Beauty Shoppe Towels
$10.00 Doz.

CANNON TOWEL
OUTLET
LOCATION: 221 SOUTH (Old 460 West)
FROM EXPRESSWAY & OLD FOREST ROAD.
PHONE 239-2040
HOURS: MON.-SAT. 10 - 6
FRIDAY NITE 'TILL 9 O'CLOCK

WILBUN'S
SUPER MARKET • RT. 460 • APPOMATTOX

U.S.D.A. CHOICE WESTERN BEEF

Sirloin Tip ROAST $1.79 Lb.

VIRGINIA BRAND Picnics 89¢ Lb.

FRESH BAKING HENS 69¢ Lb.

SIRLOIN STEAK $1.89 Lb.

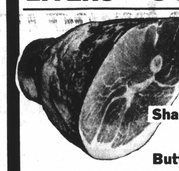
Richfood Hot or Mild SAUSAGE 99¢ Lb.

RICHFOOD LUNCH MEAT
Bologna All Meat or Beef, 8 Oz. Pkg.
Salami, P & P Loaf 89¢
Spiced Lunch Meat

Pig Feet 39¢

PORK CHITTERLINGS $4.99 10 Lbs.

CHICKEN LIVERS 69¢ Lb.
Quarter Chicken Breasts 89¢ Lb.
Quarter Chicken Legs 59¢ Lb.



COUNTRY HAM
Shank End $1.59 Lb.
Butt End $1.69 Lb.

KRAFT Liquid Dressing 1000 Island, French, Italian 8 Oz. Bottles 2 For $1.00

Crisco Shortening 3 Lb. Tin $1.68
Limit 1 With a $7.50 Grocery Order or More.

CHEF BOY-AR-DEE Spaghetti & Meat Sauce DINNER 19½ Oz. 99¢

MARTHA WHITE
COTTON-PICKIN' CORN BREAD MIX 6 Oz. Package
BIX-MIX BISCUIT MIX 5½ Oz. Package
FLAP-STAX PANCAKE MIX
SPUD FLAKES INSTANT POTATOES 5 For $1.00

DAIRY PRODUCTS & FRESH-TASTING FROZEN FOODS
RICHFOOD Cottage Cheese 24 Oz. Cup $1.19
LIGHT & LIVELY Ice Milk ½ GAL. $1.19 ALL FLAVORS
ORE IDA French Fries 5 Lb. Bag $1.49
Mrs. Filberts Golden Quarters Margarine 1 LB. 2 For $1.00
FREEZER QUEEN Dinners SALISBURY STEAK, TURKEY CROQUETTES, CHAR BROILED BEEF PATTIES, ONION GRAVY & BEEF PATTIES, TURKEY 2 Lb. Box $1.29

DUNCAN HINES CAKE MIXES 69¢ Box
OLD VIRGINIA Applesauce 16 Oz. Can 3 For 89¢
OLD VIRGINIA Grape Jelly 16 Oz. Jar 59¢
OLD VIRGINIA Damson Preserves 16 Oz. Jar 59¢
OLD VIRGINIA Strawberry Preserves 16 Oz. Jar 79¢
Kleenex Facial Tissue White & Assorted 200 Count 59¢
Richfood Tomato Juice 46 Oz. 69¢
RICHFOOD SALT Plain & Iodized 26 Oz. Box 19¢
Hershey's Hot Cocoa Mix 12 Envelopes Per Box $1.09

CAMPBELL'S Pork & Beans 16 Oz. Can 4 For $1.00
Wayne Solo With Cheese DOG FOOD 5 Lb. Bag $1.29
Nabisco Premium Saltines 1 Lb. Box 59¢

Produce

Cucumbers 5 For $1.00

U.S. No. 1 All Purpose Potatoes 15 Lb. Bag $1.09

YELLOW ONIONS 3 Lb. Bag 49¢